

## **How to be Happy 44 Life Lessons**

- 1- Pain exists. Life can hurt. A lot sometimes; without apology or explanation
- 2- Pain is for your benefit
- 3- Life is more mystery than misery. There are millions of interpretations, never stay stuck on one. Growth can come from places you thought were dead, barren & disappointing
- 4- You always have a choice of emotional responses to life. Life is not about what happens to you, but how you choose to respond to what happens. Leave room for hope that all that has happened is for good cause. Some people & situations are in your life for a certain purpose for a certain time to teach you certain things
- 5- Judge everything & everyone by their fruits
- 6- Don't waste time expecting people who cannot offer you what you need to do so
- 7- Each person comes with their own instruction manual
- 8- Each of us are governed by universal laws that feel like seasons when everything is dying, followed by new phase of birth & renewal
- 9- The only constant is change
- 10- Fear works to interfere- stops you from going where you want to go, to change by entering the unfamiliar & unknown
- 11- If you keep doing what you've always done, you'll keep getting what you've always gotten. Childhood habits can be broken
- 12- To see the path to what you want, 1st see clearly what's holding you back, remove the safety of blinders & band-Aids that don't heal
- 13- If you want to change your life, you must first be ready to see & feel some painful truths- you are a Child of God & you can also be an idiot
- 14- Declare your independence- follow your heart instincts & your life begins to soar
- 15- Learn to unlearn things like fear, guilt, anger, jealousy, insecurity. To write your to-do list, you have to also write your undo list & your to-don't list
- 16- The secret to happiness is ability to rationalize= enemies=teachers, mistakes= discoveries, conflicts= growth opportunities, failure= growth, undesired endings= desirable new beginnings, pain= proof of dealing head on - become less judgmental about these things
- 17- Live life non-judge mentally.
- 18- Relax & enjoy the ride
- 19- Do not live in denial. Disappointment, pain & conflict & darkness are real
- 20- Have great non-expectations- accept that you live in a world of uncertainty
- 21- Be here now. Be present more so you can tap into the invisible vibrating God energy that seeks to teach & heal you
- 22- It doesn't matter how fast you arrive somewhere if you're headed in the wrong direction  
The biggest journey begins with a single step. Remembering this will keep you calm & mindful
- 23- Practice regular meditation- Stillness settles the mind down.
- 24- The calmer you are on the inside, the more serene the world becomes on the outside
- 25- See the order & synchronicity in your chaos. Nothing in this universe is random. Form & formlessness are connected in the same vibrating field all around you. Some molecules vibrate slower= material world, some faster= the invisible energy of your thoughts. Thoughts have energy. the only thing that separates levels of reality are configuration & speed of molecules. Life is the interplay of what the field you are immersed in sends out to you & what you send out into the field= all is one= harmonic resonance= everything is contagious
- 26- Show more respect for the invisible world because what you don't see is what you get
- 27- The brain has electrical energy that gives off varying vibrations depending on thoughts & mood. Energy attracts like energy. Fear attracts fear. Love attracts love= self fulfilling prophecies= the world is your mirror. Everything is created twice. =First in your mind, then manifest in the physical world. To change the outside world you must first change the internal mental programming
- 28- Chaos theory affect you daily. The butterfly effect- the tiniest action can set off a chain of larger reactions in the world, in the brain & heart. The happy person is better able to retrieve happy thoughts because these bits of information are simmering at similar temperatures
- 29- Remember you have the freedom to choose your thoughts
- 30- Results do not come from thought transformation unless followed consistently & over time work+time+faith=results
- 31- Faith determines destiny so make sure your faith is stronger than your mood
- 32- Never compromise your dreams
- 33- When you let go of unnecessary attachments, you pick up speed in heading toward true goals
- 34- Never look back only forward & upward.
- 35- The more you climb upward, the stronger you will get because you will be building up your emotional muscles over time. You will always feel the pain before you see the growth (same as with muscle growth) pain= good fortune! The messy areas of life are simply areas under construction, so accept the chaos around you
- 36- Everything has its process. Respect this process- it can't be rushed
- 37- Often doing less gets you more
- 38- Be pro-active- create your own good fortune
- 39- Money will never bring you happiness
- 40- Respect balance, take time for re-creation
- 41- Love is what you're always looking for in all the things you're looking for
- 42- When you feel the love energy inside you- other people feel it coming off of you & find themselves attracted to you
- 43- There is a difference between knowing & doing- action is the key- walk the path. What you seize is what you get
- 44- Live now- procrastinate later